

ROCKFORD MIDDLE SCHOOL CENTER FOR ENVIRONMENTAL STUDIES



Bobbi Anderson-Hume

A NOTE FROM THE PRINCIPAL

Bobbi A. Anderson-Hume, Ph.D.

Congratulations to the 2022 RMS-CES Student Council Members!

8th Grade:

Levi Bartels- President
Khloe Hunter- Vice President
Julia Jensen - Secretary
Ryelee Ash- Treasurer
Olyvia Yonak - Representative

7th Grade Class Representatives:

Quiana Larson
McKenna Evans

6th Grade Class Representatives:

Grace Oluwafemi
Elijah Schuck

5th Grade Class Representatives:

Yaatuu Tesfa
Maggie Cihlar



Bobbi Anderson-Hume, Ph.D
Principal, RMS-CES

RMS-CES PARENT/COMMUNITY NEWS



Registration for the 2022 summer RAAA youth fastpitch softball season is now open at click [HERE](#) to register!

Registration Deadlines

- 8U Travel, 10U and 12U registration closes on Feb. 28
- 6U and 8U House registration closes on March 31
- All late registrations will incur a late fee added to their registration



SCHOOL STORE

LOCATED AT ROCKFORD HIGH SCHOOL

Please click [HERE](#) for the School Store Hours

Reminders & Opportunities:

Contact Christa Larson in our District Office

Publicity Photographs

Throughout the year, photographs and videos are taken in classrooms and at school activities. Some of these may be published in local newspapers, on the local cable station or in Rockford Area Schools' publications and websites. Parents may request that their child's photograph and identifying their name not be published in district productions or websites. The request must be made in writing and sent to the **Rockford Area Schools District Office**, at **6051 Ash Street, Rockford, MN 55373**. (This does not apply to pictures of school events taken by the news media.)

OPPORTUNITIES



Special Education Paraprofessional:

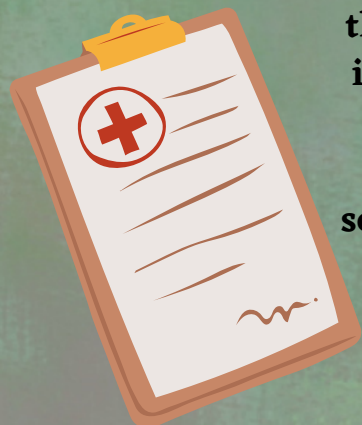
RAS has open paraprofessional positions for the 2021-22 school year! We are looking for positive, student centered individuals to join us in supporting RAS students. If you know of anyone interested, you can find the job posting [HERE](#) Individuals would work 4-8 hours/day at our hourly rate, with possible bus route assignment. Feel free to reach out to Emily Seitzer via email, text or phone call for more information. Email: eseitzer@mawseco.k12.mn.us Office Phone: 763-477-5837 Ext 1030

Hello Rockford families,

RAS was able to obtain more at-home, rapid COVID tests from the state for K-12 students. We will have these tests on hand for if/when your student develops COVID symptoms and you'd like to test. These tests are available for your convenience, **even if you've already gotten a test**. If your student becomes ill at school, we can send a test kit home with them at your request. If your student is at home and you'd like to come pick up a test, reach out to the building health office to set up a plan.

Thanks!

Rockford Area School Nurses



RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:



THE 2022 RAAA BASEBALL SEASON IS ALMOST HERE

8-14 YEAR-OLDS = REGISTRATION IS JAN 31 - MARCH 1
5-7 YEAR-OLDS = REGISTRATION IS FEB 28 - APRIL 4

REGISTER NOW:
[HTTPS://WWW.RAAASPORTS.COM/RAAA-BASEBALL](https://www.raaasports.com/raaa-baseball)

Please contact us at raabaseball@raaasports.com if you have questions.

Not an ISD 883 Sponsored Event

February 7th-11th

**SNOW
WEEK**

Monday-TOURIST DAY



Tuesday-HAT DAY



Wednesday-PAJAMA DAY



Thursday-CHARACTER DAY



Friday-SCHOOL SPIRIT DAY



RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:

Food Services



Click [HERE](#) for a link to our website page regarding all things Food Service related (menus, EBT benefits for families, lunch acct info and links to applications)



Wright County
MINNESOTA

Truancy Resources

Wright 2 School

Excused vs. Unexcused Absences

Excused Absences:

- Family emergency
- Illness/Medical or mental health appointments
(documentation may be required)
- Religious holidays

Unexcused Absences:

- Babysitting
- Working
- Needed at home
- Child is not immunized
- Car trouble
- Missing the bus
- Oversleeping
- Weather

Habitual truant means a child under the age of 17 years who is absent from attendance at school without lawful excuse for seven full school days. If the child is in elementary school for one or more class periods on seven school days. If the child is in middle school, junior high school, or high school, or the child is 17 years old and has not lawfully withdrawn from school.

Truancy and Educational
Neglect Intervention
Program

Please click [HERE](#) to view Truancy Brochure

RMS-CES PARENT/COMMUNITY NEWS

Reminders & Opportunities:

ANNUAL STUDENT/REGISTRATION UPDATE

This year, Rockford Area Schools has implemented an Annual Update which can be found in the Parent Portal in Infinite Campus.

Keeping this information up-to-date will help families stay connected and be informed on upcoming plans and other important announcements.

Infinite
Campus

Click here

This online update will replace the emergency medical form you have received in the past. Most of the information will auto-populate from data already entered in Infinite Campus. Required fields are marked with a **red asterisk(*)** and information highlighted in yellow needs to be updated. There are also fields required by the Minnesota Department of Education such as technology access and ethnicity.

Once you are logged in to your
Parent Portal:

- Click More
- Followed by Online Registration, and a new window will open.
- Follow the prompts by clicking the Annual Update button to begin.

We are asking all families to complete this year's update **AS SOON AS POSSIBLE.**

Going forward, the Annual Update will take place yearly in August.

If you have any questions, please contact Christa Larson at larsonchrista@rockford.k12.mn.us or (763) 477-9165.

RMS-CES PARENT/COMMUNITY NEWS

Mrs. Molly Wirth

Counselor's
Corner



“Trauma creates change you don’t choose. Healing is about creating change you do choose.”

~Michelle Rosenthal

Trauma is an event or situation that is experienced as threatening to one’s life, bodily integrity, and overwhelms one’s ability to cope with the intense negative feelings experienced at the time.

Some common examples of traumatic events include physical, emotional or sexual abuse, severe neglect, death of a parent, severe bullying, witnessing domestic violence, and experiencing a natural disaster.

The “Flight, Fight, or Freeze” response- When exposed to a traumatic event, our bodies naturally react physically, resulting in changes in hormones, blood flow, muscles, heart, bladder, gastrointestinal tract, eyes and skin. This natural physical reaction is known as the “flight, fight, or freeze” response and increases our chance of survival by priming the body to fight off an aggressor, to run away, or freeze and block out negative thoughts and feelings.

How to support a child who has experienced trauma- As a parent, caregiver, educator, or other supportive adult, you have the ability to positively support and impact a child who has experienced trauma. Healing can only occur once a child is no longer in danger. Providing a physically and emotionally safe environment is therefore vital for healing and recovery. Providing a child with structure and predictability is important and expectations for a child should be age appropriate, while consequences should be non-physical. It may also be helpful to develop a safety plan with a child who has experienced trauma so that they can feel empowered and knowledgeable about what to do if they are feeling frustrated or scared. Deciding who safe adults are and ways to contact them when needed may be helpful. Safety plans can be written with the child or illustrated through drawings to fit the child’s developmental level. Teaching children about emotions and enhancing their emotional vocabulary is also helpful. With increased knowledge of emotions, children will gain more insight into their feelings and learn healthy ways to express and cope with negative feelings. (Helping children learn grounding and deep breathing techniques or other ways of relaxing and modeling and practicing these skills with them can be helpful). Trauma has several different effects on children; hyperarousal, distraction and lack of focus, increased anxiety, avoidance, nightmares and flashbacks, and their self-image.

Repeated or prolonged trauma- Trauma that is repeated over an extended period of time or occurs more than once, is often referred to as “complex trauma.” Repeated or prolonged exposure places an individual at increased risk for trauma symptoms and can negatively impact overall well-being and development. Trauma perpetrated by a parent or caregiver can impact child attachment and trust in others and life in general. The world may seem scary and unpredictable and offer little respite or joy.



Crisis Text Line: 741741

In a life-threatening emergency call 911

School-Based Mental Health Services



<https://www.nystromcounseling.com/our-services/school-based-mental-health-services/>

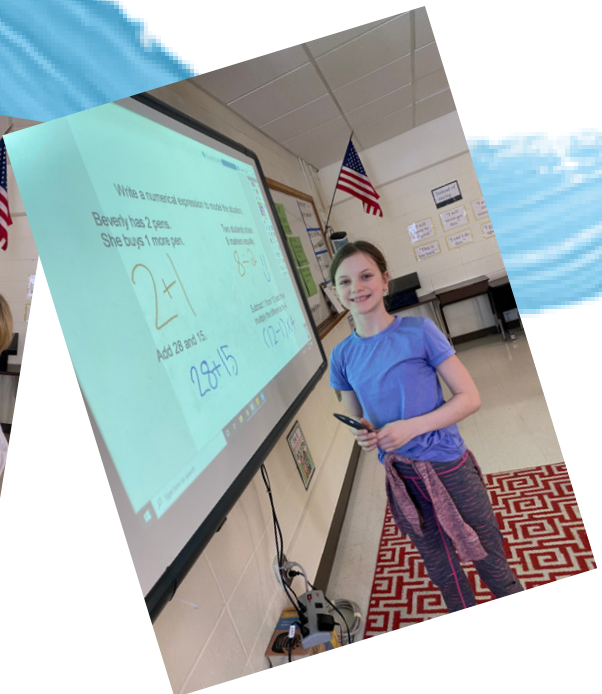
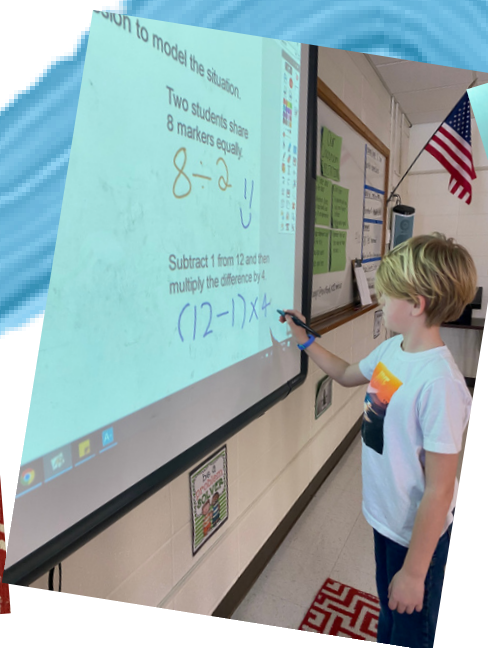
RMS-CES CLASS NEWS

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MATH with Ms. Sharp



This week in math, 5th graders started their week by reviewing for their Dividing Fractions test. We reviewed that we skip, flip, and multiply, and the reciprocal is when we flip the numerator and denominator. We also reviewed how to write mixed numbers as improper fractions and vice versa. Finally, we got extra practice with word problems before the test, interpreted the answer, and determined if it made sense. On Tuesday, 5th graders took their test on PearDeck, and Wednesday was spent starting our next unit on Algebra by practicing how to write expressions. Finally, 5th graders ended their week FAST testing. It was a busy week with testing, and all 5th graders did a great job working hard and persevering!



RMS-CES CLASS NEWS

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LANGUAGE ARTS with Jennifer Piehl

6th Graders Enjoy a Fort Day

One of the 6th grade Language Arts classes recently earned a rewarding day by working on improving Self-Control and increasing Work Ethic per the school's rubrics. After "earning" 20 points from 20 days of improvement, they had a "Fort Day" that coincided with the two-hour late start day. Students spent about 15 minutes or so constructing their forts and then ate treats and spent time reading novels. All in all, it was a great time! I am sure the other 6th grade groups will all get to do this soon, too!



RMS-CES CLASS NEWS

5 & 6



PHYSICAL EDUCATION with Mrs. Lingo

5th grade phy ed class enjoying some good snow and good weather!



6th grade phy ed snuck outside before the cold snap to enjoy a little time snowshoeing



RMS-CES CLASS NEWS

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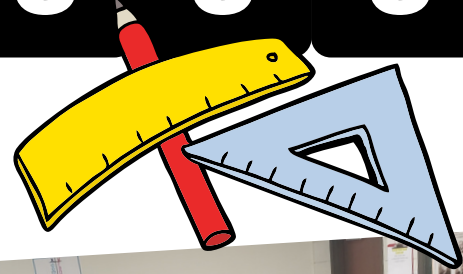
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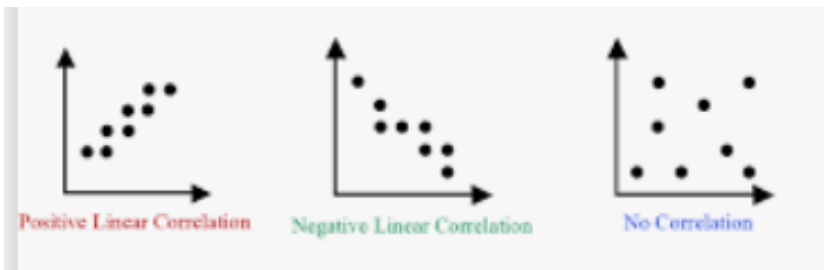
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MATH with Mr. Mickelson



The last few weeks in 8th grade Mathemagicland some students have been working on creating scatterplots, drawing a line of best fit for the data, doing linear regression (finding an equation for the line of best fit), and then using that equation to make predictions called interpolation and extrapolation. Interpolation is using the equation to make a prediction inside the known data field, while extrapolation is when the prediction is outside the known data field. This exercise uses all three forms of equations that students have been studying.

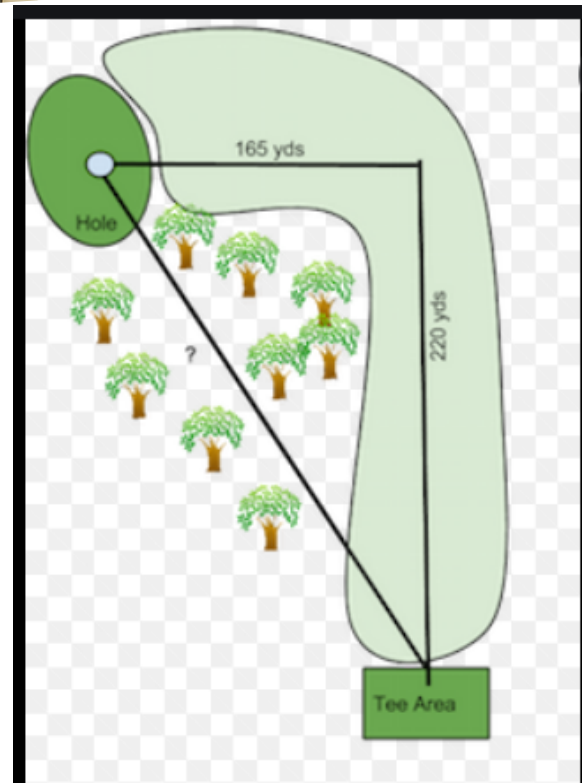
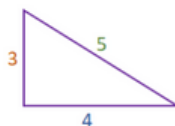


Pythagorean Triples

A Pythagorean triple consists of three positive integers a , b , and c , such that $a^2 + b^2 = c^2$.

When a triangle's sides are a Pythagorean Triple it is a right triangle.

Pythagorean Triples	
(3,4,5)	(5,12,13)
(7,24,25)	(8,15,17)
(9,40,41)	(11,60,61)
(12,35,37)	infinitely many more



RMS-CES CLASS NEWS

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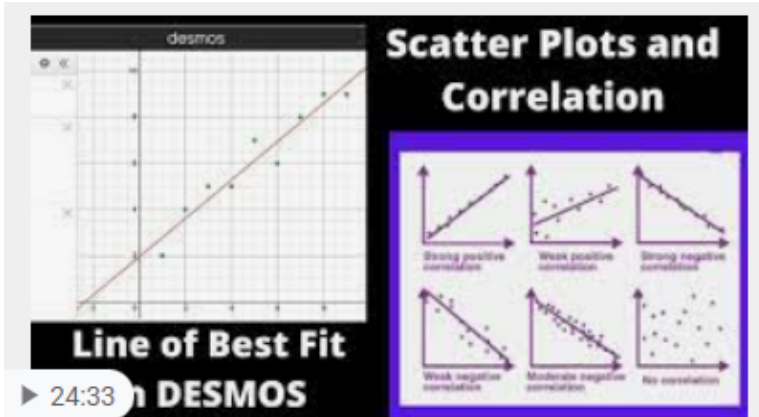
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MATH with Mr. Mickelson



Other students have been learning and working with the Pythagorean Theorem, which works for right triangles. We started off going through a couple of different proofs on how and why the theorem works and then students practiced lots of problems. Students who did all the work started to memorize the common smaller numbered Pythagorean Triples. Pythagorean Triples are three numbers that will work in the pythagorean theorem and hence form a right triangle. Students learned what squaring a number does and how to square root a number using their calculators. Students learned how the pythagorean theorem is applied in many real world situations. The next step will be applying the pythagorean theorem to the coordinate plane to find the distance formula and use that to find the distances between two points.

